

EXHIBIT NO.

1

9

6-14-03

Docket Item #11  
SPECIAL USE PERMIT #2003-0054

Planning Commission Meeting  
June 3, 2003

**ISSUE:** Consideration of a request for a special use permit to operate a women's fitness and weight loss center.

**APPLICANT:** Curves for Women  
by Jim Gasson

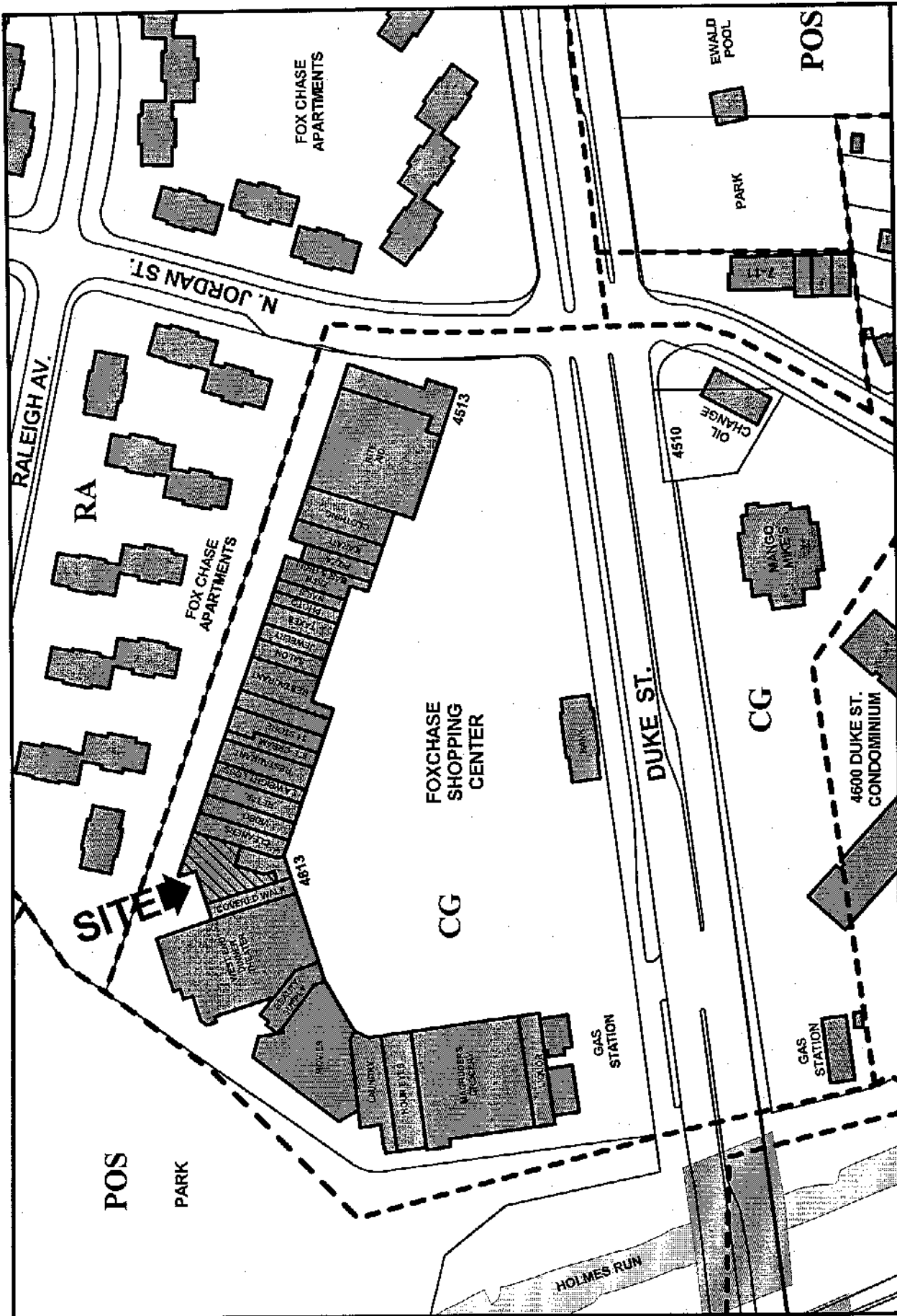
**LOCATION:** 4613 Duke Street

**ZONE:** CG/Commercial General

---

**PLANNING COMMISSION ACTION, JUNE 3, 2003:** By unanimous consent, the Planning Commission recommended approval of the request, subject to compliance with all applicable codes, ordinances and staff recommendations.

**Reason:** The Planning Commission agreed with the staff analysis.



06/03/03

SUP #2003-0054



**STAFF RECOMMENDATION:**

Staff recommends **approval** subject to compliance with all applicable codes and ordinances and the following conditions:

1. The special use permit shall be granted to the applicant only or to any business or entity in which the applicant has a controlling interest. (P&Z)
2. The hours of operation shall be limited to 7:00 a.m. to 9:00 p.m. Monday through Friday, 7:00 a.m. to 2:00 p.m. Saturday, and closed on Sunday.
3. The applicant shall require its employees to park in the parking area behind the shopping center. (P&Z)
4. Trash and garbage shall be placed in sealed containers which do not allow odors to escape and shall be stored inside or in a closed container which does not allow invasion by animals. No trash or debris shall be allowed to accumulate on site outside of those containers. (P&Z)
5. All loudspeakers shall be prohibited from the exterior of the building and no amplified sound or music shall be audible at the property line. (T&ES)
6. The applicant is contact the Crime Prevention Unit of the Alexandria Police Department at 703-838-4520 regarding a security survey for the business and robbery awareness program for all employees. (Police)
7. The Director of Planning and Zoning shall review the special use permit one year from approval and shall docket the matter for consideration by the Planning Commission and City Council if (a) there have been documented violations of the permit conditions, (b) the director has received a request from any person to docket the permit for review as a result of a complaint that rises to the level of a violation, or (c) the director has determined that there are problems with the operation of the use and that new or revised conditions are needed. (P&Z)

---

Staff Note: In accordance with section 11-506(c) of the zoning ordinance, construction or operation shall be commenced and diligently and substantially pursued within 18 months of the date of granting of a special use permit by City Council or the special use permit shall become void.

DISCUSSION:

1. The applicant, Curves for Women, requests special use permit approval for the operation of a health and athletic facility located at 4613 Duke Street.
2. The subject property is one lot of record with approximately 787 feet of frontage on Duke Street, approximately 284 feet of frontage on North Jordan Street and a total lot area of 10.2 square feet. The site is developed with a one and two story shopping center.

To the north and east of the site is the Foxchase Apartments. To the west is Raleigh Park. To the south across Duke Street is the 4600 Duke Street condominium and Mango Mike's restaurant. The subject athletic facility will occupy 1,989 square feet to the east of the dinner theater, and behind a flower shop.

3. The applicant proposes to operate a fitness and weight loss center known as "Curves". The facility will offer a 30 minute supervised strength and aerobic workout on a circuit of 12 hydraulic exercise machines. The Curves circuit allows 24 users at one time (each 30 minutes). A Curves instructor is always in the center of the circuit checking members' performance. The applicant anticipates two employees to be present at the site at any one time.
4. The hours of operation are proposed to be 7:00 a.m. to 9:00 p.m. Monday through Friday, 7:00 a.m. to 2:00 p.m. Saturday, and closed on Sunday.
5. Based on a variance granted by the Board of Zoning Appeals in 1982, the number of required parking spaces for the shopping center is 613 (BZA #3065). In 1992, City Council granted Special Use Permit #2594 allowing the owner of the shopping center to provide additional parking spaces, and the 1999 as-built parking plan depicts a total of 629 spaces, 16 spaces in excess of the amount required by the BZA variance.

In determining the parking requirement for the proposed health club, staff notes that the zoning ordinance does not have a unique parking requirement for health clubs. In the past we have used the indoor amusement enterprise parking requirement because we believe it is the closest use to a health club. Using this parking requirement, the proposed health club requires 10 spaces. The prior retail carpet business required 11 parking spaces (1.2 spaces per 210 square feet), thus the required parking for the health club will fit within the number of parking spaces required by retail use.

6. The applicant does not anticipate a problem with noise or odors. Noise will be limited to low level music from a CD player.

7. Trash will be limited and include paper waste. Trash will be removed daily.
8. The facility will be vacuumed and cleaned at least once a day, and machines wiped at least twice daily.
9. All employees and Curves owners will be CPR Certified and will receive and pass Curves fitness training instruction.
10. The business does not anticipate regular deliveries, however, a loading area is located at the back of the building if ever necessary.
11. The applicant states that "Curves" is the largest fitness franchise in the United States and world with over 6,000 locations in North American (5,000 in the U.S.) and Europe.
12. Zoning: The subject property is located in the CG/Commercial General zone. Section 4-403(M) of the zoning ordinance allows a health and athletic club in the CG zone only with a special use permit.
13. Master Plan: The proposed use is consistent with the Seminary Hill/Strawberry Hill small area plan chapter of the Master Plan which designates the property for commercial general use.

STAFF ANALYSIS:

Staff does not object to the proposed women's fitness and weight loss center located at 4613 Duke Street. The proposed use is compatible with the existing mix of retail, office, and personal service uses in the center and will provide a good service to area residents.

In order to reduce the competition for parking spaces between the applicant's employees and patrons, staff has included a condition requiring the applicant's employees to use the parking spaces located behind the shopping center. Staff has also included a condition requiring a review of the fitness center after it has been operational for one year to ensure compliance with SUP conditions.

With these conditions, staff recommends approval of the SUP.

STAFF: Eileen Fogarty, Director, Department of Planning and Zoning;  
Barbara Ross, Deputy Director;  
Valerie Peterson, Urban Planner.

CITY DEPARTMENT COMMENTS

Legend: C - code requirement R - recommendation S - suggestion F - finding

Transportation & Environmental Services:

- R-1 All loudspeakers shall be prohibited from the exterior of the building and no amplified sound or music shall be audible at the property line.
- C-1 The applicant shall comply with the City of Alexandria's Noise Control Code, Title 11, Chapter 5, which sets the maximum permissible noise level as measured at the property line.

Code Enforcement:

- C-1 The current use is classified as B; the proposed use is A-3. Change of use, in whole or in part, will require a certificate of use and occupancy (USBC 115.4) and compliance with USBC 118.2. including but not limited to: limitations of exit travel distance, emergency and exit lighting, a manual fire alarm system, and accessibility for persons with disabilities.
- C-2 New construction must comply with the current edition of the Uniform Statewide Building Code (USBC).
- C-3 Alterations to the existing structure must comply with the current edition of the Uniform Statewide Building Code (USBC).
- C-4 Construction permits are required for this project. Plans shall accompany the permit application that fully detail the construction as well as layouts and schematics of the mechanical, electrical, and plumbing systems.
- C-5 Required exits, parking, and accessibility for persons with disabilities must be provided to the building.
- C-6 A fire prevention code permit is required for the proposed operation. An egress plan showing fixture location, aisles and exit doors shall be submitted for review with the permit application.

Health Department:

- C-1 An Alexandria Health Department Permit is required for all regulated facilities (This includes health clubs).
- 1) Permits are non-transferable.
  - 2) Five sets of plans must be submitted to and approved by this department prior to construction. Plans must comply with the Alexandria City Code, Title 11, Chapter 11, Swimming Pools, Administrative Regulation 20-6, Swimming Pools, as amended.
  - 3) Permits must be obtained prior to operation.

Police Department:

- R-1 The applicant is to contact the Crime Prevention Unit of the Alexandria Police Department at 703-838-4520 regarding a security survey for the business.
- R-2 The applicant is to contact the Crime Prevention Unit of the Alexandria Police Department at 703-838-4520 regarding a robbery awareness program for all employees.

# APPLICATION for SPECIAL USE PERMIT # 2003-0054

[must use black ink or type]

PROPERTY LOCATION: THE SHOPS OF FOXCHASE - 4613 DUKE ST. ALEX 223

TAX MAP REFERENCE: 49.00-06-04 ZONE: CG

APPLICANT Name: CURVES FOR WOMEN

Address: 4613A/B DUKE STREET, ALEXANDRIA, VA 22304

PROPERTY OWNER Name: WASHINGTON REAL ESTATE INVESTMENT TRUST

Address: 6110 EXECUTIVE BLVD., STE 800, ROCKVILLE, MD 2085

PROPOSED USE: WOMEN'S FITNESS & WEIGHT LOSS

**THE UNDERSIGNED** hereby applies for a Special Use Permit in accordance with the provisions of Article XI, Section 11-500 of the 1992 Zoning Ordinance of the City of Alexandria, Virginia.

**THE UNDERSIGNED**, having obtained permission from the property owner, hereby grants permission to the City of Alexandria to post placard notice on the property for which this application is requested, pursuant to Article XI, Section 11-301(B) of the 1992 Zoning Ordinance of the City of Alexandria, Virginia.

**THE UNDERSIGNED** hereby attests that all of the information herein provided and specifically including all surveys, drawings, etc., required to be furnished by the applicant are true, correct and accurate to the best of their knowledge and belief. The applicant is hereby notified that any written materials, drawings or illustrations submitted in support of this application and any specific oral representations made to the Planning Commission or City Council in the course of public hearings on this application will be binding on the applicant unless those materials or representations are clearly stated to be non-binding or illustrative of general plans and intentions, subject to substantial revision, pursuant to Article XI, Section 11-207(A)(10), of the 1992 Zoning Ordinance of the City of Alexandria, Virginia.

Jim Gasson

Print Name of Applicant or Agent

7635 HOLMES RUN DRIVE

Mailing/Street Address

FALLS CHURCH, VA 22042

City and State

Zip Code

[Signature]

Signature

703-560-8728

Telephone #

703-560-8827

Fax #

4-30-03

Date

**DO NOT WRITE BELOW THIS LINE - OFFICE USE ONLY**

Application Received: \_\_\_\_\_ Date & Fee Paid: \_\_\_\_\_ \$ \_\_\_\_\_

ACTION - PLANNING COMMISSION: \_\_\_\_\_

ACTION - CITY COUNCIL: \_\_\_\_\_



All applicants must complete this form. Supplemental forms are required for child care facilities, restaurants, automobile oriented uses and freestanding signs requiring special use permit approval.

1. The applicant is (check one) ☒ the Owner ☐ Contract Purchaser

☐ Lessee or ☐ Other: \_\_\_\_\_ of the subject property.

State the name, address and percent of ownership of any person or entity owning an interest in the applicant, unless the entity is a corporation or partnership in which case identify each owner of more than ten percent.

THIS CURVES FRANCHISE IS OWNED BY

WOMEN'S HEALTH, LLC. THE OWNERS ARE:

JIM GASSON

NICKI BRINTZENHOFF

If property owner or applicant is being represented by an authorized agent such as an attorney, realtor, or other person for which there is some form of compensation, does this agent or the business in which the agent is employed have a business license to operate in the City of Alexandria, Virginia? N/A

☐ Yes. Provide proof of current City business license

☒ No. The agent shall obtain a business license prior to filing application, if required by the City Code.

2. Submit a floor plan and a plot plan with parking layout of the proposed use. One copy of the plan is required for plans that are 8½" x 14" or smaller. Twenty-four copies are required for larger plans or if the plans cannot be easily reproduced. The planning director may waive requirements for plan submission upon receipt of a written request which adequately justifies a waiver. This requirement does not apply if a Site Plan Package is required.

PLEASE SEE ATTACHED DOCUMENTS.

### NARRATIVE DESCRIPTION

3. The applicant shall describe below the nature of the request in detail so that the Planning Commission and City Council can understand the nature of the operation and the use, including such items as the nature of the activity, the number and type of patrons, the number of employees, the hours, how parking is to be provided for employees and patrons, and whether the use will generate any noise. (Attach additional sheets if necessary)

CURVES IS THE LARGEST FITNESS FRANCHISE IN THE  
UNITED STATES AND WORLD WITH OVER 6,000 LOCATIONS  
(5,000+ IN THE U.S.)  
IN NORTH AMERICA AND EUROPE. CURVES IS CURRENTLY  
HELPING OVER 2 MILLION WOMEN ACHIEVE THEIR FITNESS  
GOALS WITH A 30-MINUTE SUPERVISED WORKOUT IN A  
SUPPORTIVE, ENCOURAGING, AND FEMALE-FRIENDLY ENVIRONMENT.  
THE CURVES PROGRAM IS BUILT AROUND A PROVEN 30-MINUTE  
STRENGTH AND AEROBIC WORKOUT THAT INCLUDES A WARMUP,  
TWO SETS OF STRENGTH-TRAINING EXERCISES FOR ALL  
THE MAJOR MUSCLE GROUPS, COOL-DOWN PERIOD AND A  
5 MINUTE STRETCHING ROUTINE. MEMBERS MOVE AROUND  
A 12 MACHINE CIRCUIT WITH RECOVERY STATIONS BETWEEN  
EACH MACHINE IN 30 SECOND INTERVALS PROMPTED  
BY A CUE IN THE UPBEAT BACKGROUND MUSIC. A CURVES  
INSTRUCTOR IS ALWAYS IN THE CENTER OF THE CIRCUIT  
CHECKING MEMBERS' PERFORMANCE AND FORM AS WELL  
AS ENCOURAGING THEM AND LENDING SUPPORT.

# USE CHARACTERISTICS

4. The proposed special use permit request is for: (check one)

- ☒ a new use requiring a special use permit,
- ☐ a development special use permit,
- ☐ an expansion or change to an existing use without a special use permit,
- ☐ expansion or change to an existing use with a special use permit,
- ☐ other. Please describe: \_\_\_\_\_

5. Please describe the capacity of the proposed use:

A. How many patrons, clients, pupils and other such users do you expect? Specify time period (i.e., day, hour, or shift).

THE CURVES CIRCUIT ALLOWS 24 USERS AT A TIME / 30 MIN.

HOURS OF OPERATION: M-F 9AM-12PM - CLOSE - REOPEN 4PM-7PM

B. How many employees, staff and other personnel do you expect? Specify time period (i.e., day, hour, or shift).

2 EMPLOYEES FOR THE MORNING TIME PERIOD (9AM-12PM)

2 EMPLOYEES FOR THE EVENING TIME PERIOD (4-7PM)

6. Please describe the proposed hours and days of operation of the proposed use:

Day:

Hours:

MONDAY - FRIDAY

9AM-12PM - OPEN

MONDAY - FRIDAY

CLOSED - 12PM-4PM

MONDAY - FRIDAY

4PM-7PM - OPEN

SATURDAY

8AM-12PM - OPEN

SUNDAY

CLOSED

7. Please describe any potential noise emanating from the proposed use:

A. Describe the noise levels anticipated from all mechanical equipment and patrons.

LOW-LEVEL BACKGROUND MUSIC

EQUIPMENT IS HYDRAULIC - VIRTUALLY NO NOISE

B. How will the noise from patrons be controlled?

PATRONS/MEMBERS SHOULD BE MAKING MINIMAL  
NOISE WHILE THEY FOCUS ON THEIR 30 MINUTE  
ROUTINE. (N/A)

8. Describe any potential odors emanating from the proposed use and plans to control them:

THERE SHOULD BE NO ORDER PROBLEM  
WE WILL HAVE SIX (6) CEILING FANS OPERATIONAL  
FOR AIR CIRCULATION. (N/A)

9. Please provide information regarding trash and litter generated by the use:

A. What type of trash and garbage will be generated by the use?

MINIMAL TRASH - IF ANYTHING MOSTLY PAPER WASTE.  
(PAPER & PAPER TOWELS)

B. How much trash and garbage will be generated by the use?

VERY MINIMAL

C. How often will trash be collected?

DAILY REMOVAL OF TRASH. THE FACILITY WILL BE  
VACUMED DAILY BATHROOMS WILL BE CLEANED AT LEAST  
ONCE DAILY. MACHINES WILL BE WIPED AT LEAST 2X DAILY

D. How will you prevent littering on the property, streets and nearby properties?

DUMPSTERS ARE PROVIDED BY THE SHOPPING CENTER  
FOR TRASH DISPOSAL.

10. Will any hazardous materials, as defined by the state or federal government, be handled, stored, or generated on the property?

☐ Yes. ☒ No.

If yes, provide the name, monthly quantity, and specific disposal method below:

---

---

---

11. Will any organic compounds, for example paint, ink, lacquer thinner, or cleaning or degreasing solvent, be handled, stored, or generated on the property?

☐ Yes. ☒ No.

If yes, provide the name, monthly quantity, and specific disposal method below:

---

---

---

12. What methods are proposed to ensure the safety of residents, employees and patrons?

ALL EMPLOYEES AND CURVES OWNERS WILL BE  
CPR CERTIFIED AND WILL RECEIVE AND PASS CURVES  
FITNESS TRAINING INSTRUCTION.

### ALCOHOL SALES

13. Will the proposed use include the sale of beer, wine, or mixed drinks?

☐ Yes. ☒ No.

If yes, describe alcohol sales below, including if the ABC license will include on-premises and/or off-premises sales. Existing uses must describe their existing alcohol sales and/or service and identify any proposed changes in that aspect of the operation.

---

---

---

---

# **PARKING AND ACCESS REQUIREMENTS**

14. Please provide information regarding the availability of off-street parking:

- A. How many parking spaces are required for the proposed use pursuant to section 8-200 (A) of the zoning ordinance?

1 space for every 200 sq. feet floor area

- B. How many parking spaces of each type are provided for the proposed use:

10 Standard spaces

         Compact spaces

         Handicapped accessible spaces.

         Other.

629 on-site spaces

- C. Where is required parking located? ☒ on-site ☐ off-site (check one)

If the required parking will be located off-site, where will it be located:

Pursuant to section 8-200 (C) of the zoning ordinance, commercial and industrial uses may provide off-site parking within 500 feet of the proposed use, provided that the off-site parking is located on land zoned for commercial or industrial uses. All other uses must provide parking on-site, except that off-street parking may be provided within 300 feet of the use with a special use permit.

- D. If a reduction in the required parking is requested, pursuant to section 8-100 (A) (4) or (5) of the zoning ordinance, complete the PARKING REDUCTION SUPPLEMENTAL APPLICATION.

15. Please provide information regarding loading and unloading facilities for the use:

- A. How many loading spaces are required for the use, per section 8-200 (B) of the zoning ordinance? 0

- B. How many loading spaces are available for the use? ONE - N/A

- C. Where are off-street loading facilities located? OUR LOCATION HAS A LOADING AREA WHICH OPENS TO THE PARKING AREA IN THE BACK OF THE SHOPPING CENTER

D. During what hours of the day do you expect loading/unloading operations to occur?

WE DON'T ANTICIPATE DELIVERIES AS A REGULAR  
INTEGRAL PART OF CURVES DAILY BUSINESS OPERATION.

E. How frequently are loading/unloading operations expected to occur, per day or per week, as appropriate?

N/A

16. Is street access to the subject property adequate or are any street improvements, such as a new turning lane, necessary to minimize impacts on traffic flow?

VERY ADEQUATE - OFF DUKE AND JORDAN STS.

#### SITE CHARACTERISTICS

17. Will the proposed uses be located in an existing building? ☒ Yes ☐ No

Do you propose to construct an addition to the building? ☐ Yes ☒ No

How large will the addition be? N/A square feet.

18. What will the total area occupied by the proposed use be?

1,989 sq. ft. (existing) + \_\_\_\_\_ sq. ft. (addition if any) = 1,989 sq. ft. (total)

19. The proposed use is located in: (check one)

☐ a stand alone building ☐ a house located in a residential zone ☐ a warehouse

☒ a shopping center. Please provide name of the center: SHOPS OF FOXCHASE

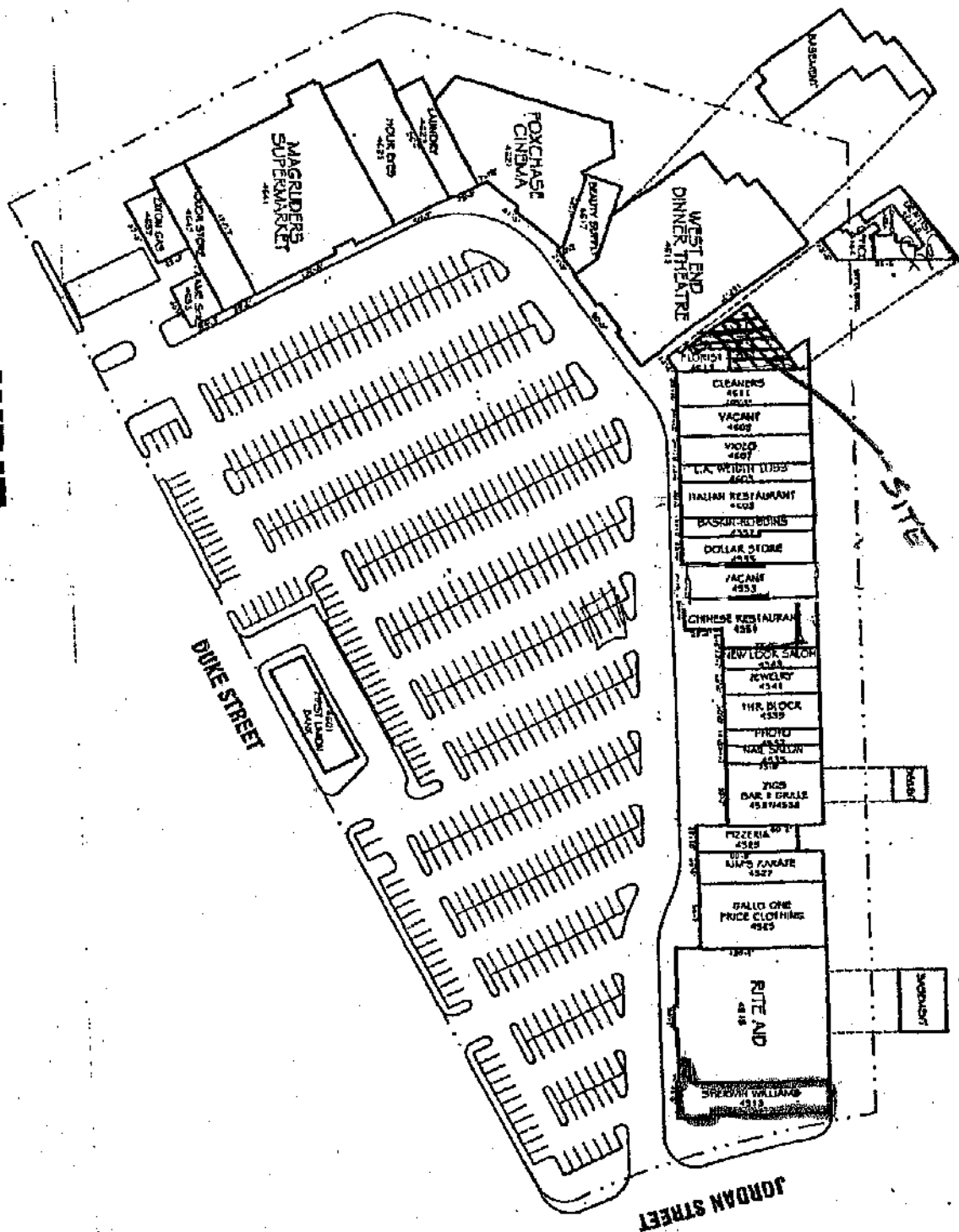
☐ an office building. Please provide name of the building: \_\_\_\_\_

☐ other, please describe: \_\_\_\_\_

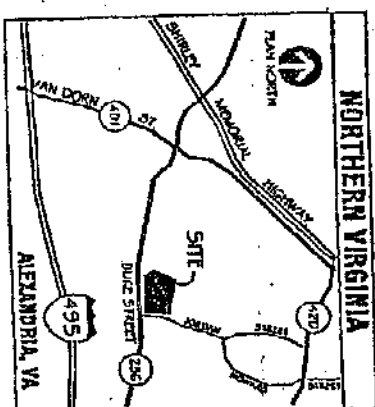
Washington Real Estate Investment Trust  
6110 EXECUTIVE BOULEVARD, SUITE 800  
ROCKVILLE, MARYLAND 20852

**WRIT**

**SHOPPES AT FOXCHASE**  
ALEXANDRIA, VIRGINIA



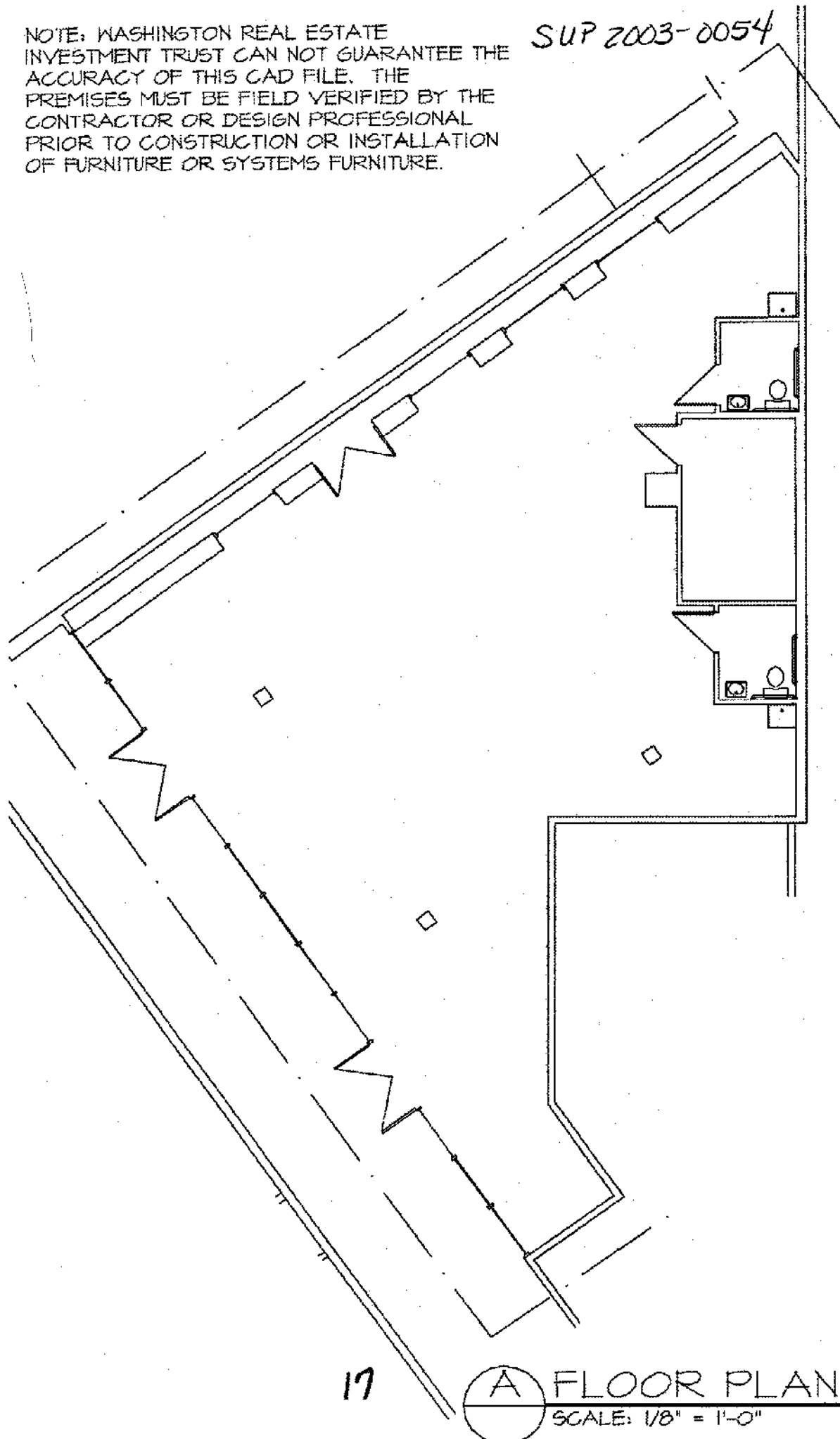
TENANT DATA		
NO.	NAME	ACQ.
4312	SHOPS AT FOXCHASE	2,100
4313	SHOPS AT FOXCHASE	13,300
4314	SHOPS AT FOXCHASE	1,815
4315	SHOPS AT FOXCHASE	3,300
4316	SHOPS AT FOXCHASE	1,770
4317	SHOPS AT FOXCHASE	1,770
4318	SHOPS AT FOXCHASE	1,770
4319	SHOPS AT FOXCHASE	1,770
4320	SHOPS AT FOXCHASE	1,770
4321	SHOPS AT FOXCHASE	1,770
4322	SHOPS AT FOXCHASE	1,770
4323	SHOPS AT FOXCHASE	1,770
4324	SHOPS AT FOXCHASE	1,770
4325	SHOPS AT FOXCHASE	1,770
4326	SHOPS AT FOXCHASE	1,770
4327	SHOPS AT FOXCHASE	1,770
4328	SHOPS AT FOXCHASE	1,770
4329	SHOPS AT FOXCHASE	1,770
4330	SHOPS AT FOXCHASE	1,770
4331	SHOPS AT FOXCHASE	1,770
4332	SHOPS AT FOXCHASE	1,770
4333	SHOPS AT FOXCHASE	1,770
4334	SHOPS AT FOXCHASE	1,770
4335	SHOPS AT FOXCHASE	1,770
4336	SHOPS AT FOXCHASE	1,770
4337	SHOPS AT FOXCHASE	1,770
4338	SHOPS AT FOXCHASE	1,770
4339	SHOPS AT FOXCHASE	1,770
4340	SHOPS AT FOXCHASE	1,770
4341	SHOPS AT FOXCHASE	1,770
4342	SHOPS AT FOXCHASE	1,770
4343	SHOPS AT FOXCHASE	1,770
4344	SHOPS AT FOXCHASE	1,770
4345	SHOPS AT FOXCHASE	1,770
4346	SHOPS AT FOXCHASE	1,770
4347	SHOPS AT FOXCHASE	1,770
4348	SHOPS AT FOXCHASE	1,770
4349	SHOPS AT FOXCHASE	1,770
4350	SHOPS AT FOXCHASE	1,770
4351	SHOPS AT FOXCHASE	1,770
4352	SHOPS AT FOXCHASE	1,770
4353	SHOPS AT FOXCHASE	1,770
4354	SHOPS AT FOXCHASE	1,770
4355	SHOPS AT FOXCHASE	1,770
4356	SHOPS AT FOXCHASE	1,770
4357	SHOPS AT FOXCHASE	1,770
4358	SHOPS AT FOXCHASE	1,770
4359	SHOPS AT FOXCHASE	1,770
4360	SHOPS AT FOXCHASE	1,770
4361	SHOPS AT FOXCHASE	1,770
4362	SHOPS AT FOXCHASE	1,770
4363	SHOPS AT FOXCHASE	1,770
4364	SHOPS AT FOXCHASE	1,770
4365	SHOPS AT FOXCHASE	1,770
4366	SHOPS AT FOXCHASE	1,770
4367	SHOPS AT FOXCHASE	1,770
4368	SHOPS AT FOXCHASE	1,770
4369	SHOPS AT FOXCHASE	1,770
4370	SHOPS AT FOXCHASE	1,770
4371	SHOPS AT FOXCHASE	1,770
4372	SHOPS AT FOXCHASE	1,770
4373	SHOPS AT FOXCHASE	1,770
4374	SHOPS AT FOXCHASE	1,770
4375	SHOPS AT FOXCHASE	1,770
4376	SHOPS AT FOXCHASE	1,770
4377	SHOPS AT FOXCHASE	1,770
4378	SHOPS AT FOXCHASE	1,770
4379	SHOPS AT FOXCHASE	1,770
4380	SHOPS AT FOXCHASE	1,770
4381	SHOPS AT FOXCHASE	1,770
4382	SHOPS AT FOXCHASE	1,770
4383	SHOPS AT FOXCHASE	1,770
4384	SHOPS AT FOXCHASE	1,770
4385	SHOPS AT FOXCHASE	1,770
4386	SHOPS AT FOXCHASE	1,770
4387	SHOPS AT FOXCHASE	1,770
4388	SHOPS AT FOXCHASE	1,770
4389	SHOPS AT FOXCHASE	1,770
4390	SHOPS AT FOXCHASE	1,770
4391	SHOPS AT FOXCHASE	1,770
4392	SHOPS AT FOXCHASE	1,770
4393	SHOPS AT FOXCHASE	1,770
4394	SHOPS AT FOXCHASE	1,770
4395	SHOPS AT FOXCHASE	1,770
4396	SHOPS AT FOXCHASE	1,770
4397	SHOPS AT FOXCHASE	1,770
4398	SHOPS AT FOXCHASE	1,770
4399	SHOPS AT FOXCHASE	1,770
4400	SHOPS AT FOXCHASE	1,770





NOTE: WASHINGTON REAL ESTATE  
INVESTMENT TRUST CAN NOT GUARANTEE THE  
ACCURACY OF THIS CAD FILE. THE  
PREMISES MUST BE FIELD VERIFIED BY THE  
CONTRACTOR OR DESIGN PROFESSIONAL  
PRIOR TO CONSTRUCTION OR INSTALLATION  
OF FURNITURE OR SYSTEMS FURNITURE.

SUP 2003-0054



17



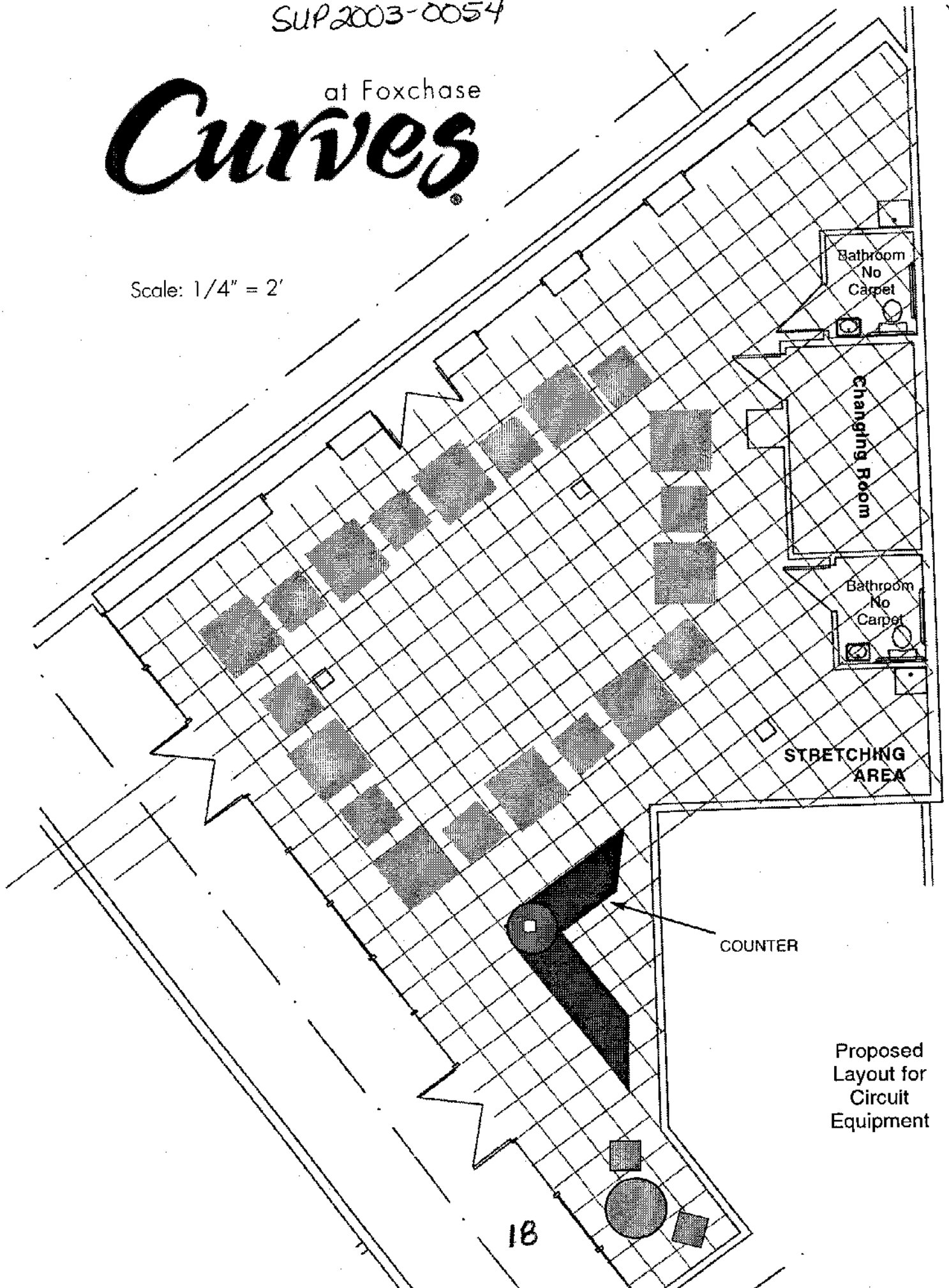
FLOOR PLAN

SCALE: 1/8" = 1'-0"

SUP 2003-0054

at Foxchase  
**Curves**


Scale: 1/4" = 2'

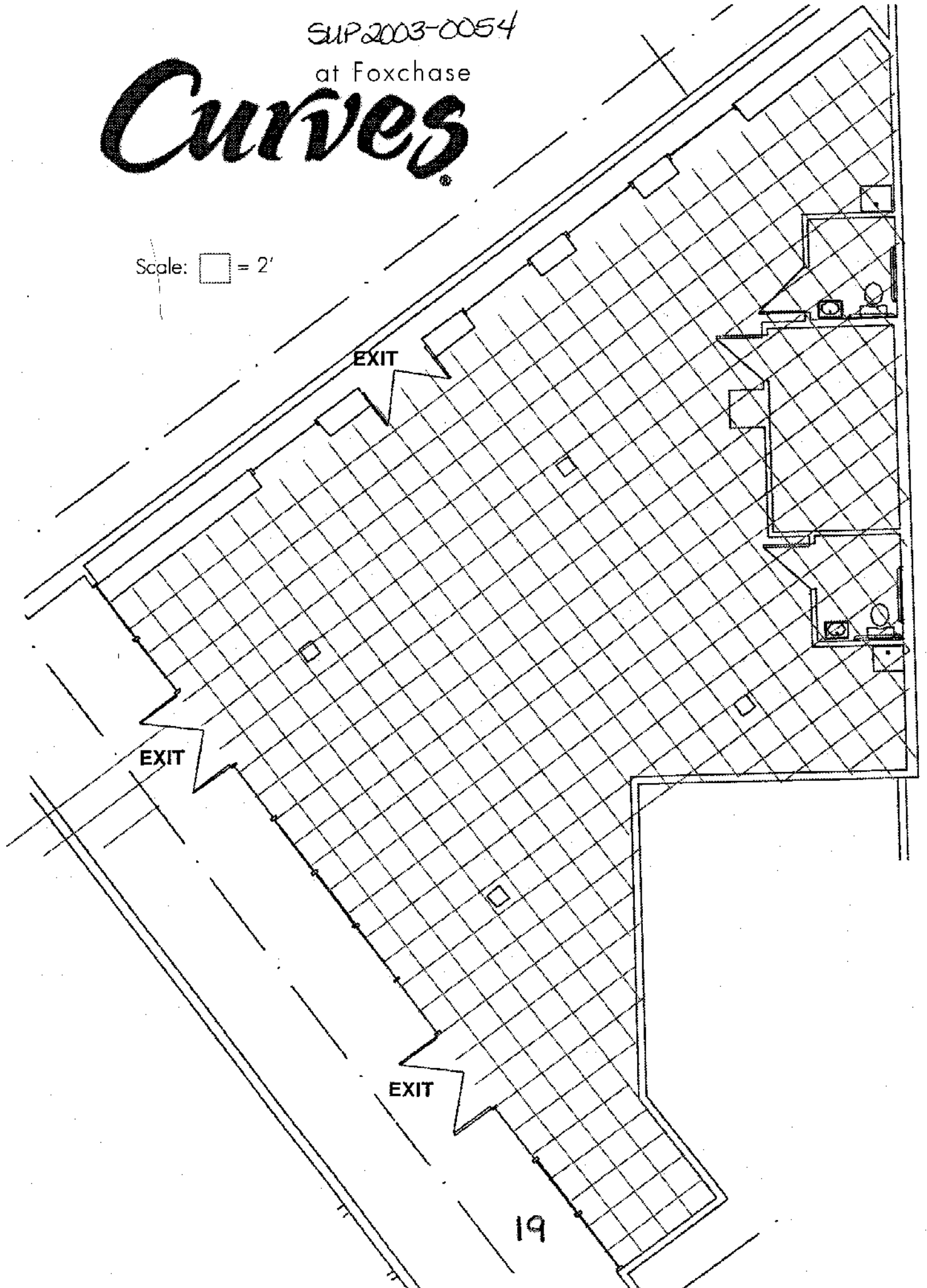


SUP 2003-0054

at Foxchase

# Curves

Scale:  = 2'

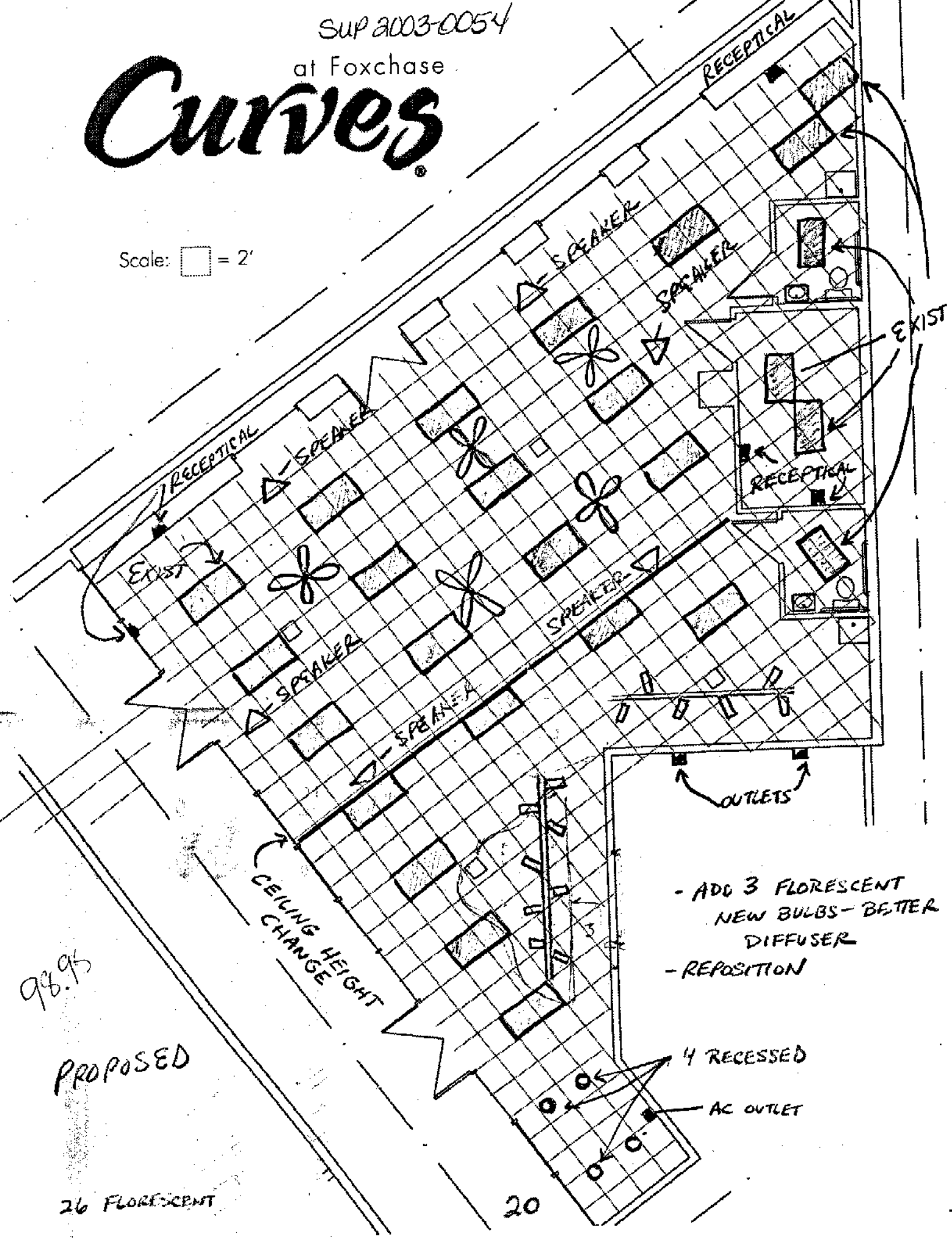


SUP 2003-0054

at Foxchase

# Curves

Scale:  $\square = 2'$



# Curves Weight Loss Guidance Program

## PRE-GUIDANCE PREPARATION

- Make sure they have Gary Heavin's book "Permanent Results Without Permanent Dieting" (Gold Edition) and the workbook
- Have them read Chapter 10 (p. 111 – 130 in the Gold book) for first week's session
- Take metabolic tests (p. 9 & 10 in workbook)
- Review the Workbook and Shopping List (p. 72 - 89) for Week 1 and schedule Session 1

## EVERY SESSION

- Weigh, measure body fat and record
- Review food diaries to determine adherence
- Consider switching to calorie version or phase I, II or III
- Review homework assignment from Gold book
- Assign homework lessons and tasks; Gold book readings

## WEEK 1 SESSION

- Review the workbook resources including: Weight and measurement charts (pages 6-8) and set goals, Food diaries (p. 38 & 39), recipes, calorie & carb counters, etc.
- Review Phase 1 (p. 11 & 73) and determine the best dieting method based on testing, food preferences, dieting history and health
- Review Shopping List (p. 72), Food Diary (p. 77 – 89), Weekly Lesson #1 (p. 74 & 75), and Goals for Monday (p. 76),
- Homework: read Chapter 1 (p. 9 Gold book) and complete material covered during Week 1 in workbook (p. 74 – 89)
- Review Chapter 10 (p. 111 – 130 in the Gold book), "The Psychology of Change"

## WEEK 2 SESSION

- Review Phase I and II dieting methods (p. 91) determining whether the client should continue on Phase I a second week or move to Phase II and should they start the calorie version
- Homework: read in book Chapters 3 (p.29) and 4 (p. 39) and complete material covered during Week 2 in workbook (p. 91-107)
- Review Chapter 1 (p. 9 from Gold Book). "The Physiology of Fitness"

### WEEK 3 SESSION

- Everyone will now be on Phase II, evaluate whether clients should move to the calorie version (p. 9 – 11 & 109)
- Review Chapters 3 "Our Past Affects Our Present" and 4 "Nutritional Review," (p. 14 - 16)
- Homework: read in book Chapters 5 (p. 51) and 6 (p. 59) and complete material covered during Week 3 in workbook (p. 110 - 125)

### WEEK 4 SESSION

- Measurements are done today and recorded on charts.
- Review Chapters 5 "Living on Stored Energy" and 6 "Hormonal Influence" (p. 17 – 19)
- Homework: read in book Chapter 7 (p. 67) and complete material covered during Week 4 in workbook (p. 128 - 143)

### WEEK 5 SESSION

- Review Chapter 7 "Permanent Results Without Permanent Dieting" (p. 19 - 21)
- Homework: read in book Chapters 8 (p. 77) and 9 (p. 87) and complete material covered during Week 5 in workbook (p. 145 - 161)

### WEEK 6 SESSION

- Review Chapter 8 "Nutritional Supplementation" and 9 "Chronic Disease" (p. 21 - 24)
- Homework: read and complete material covered during Week 6 (p. 164 – 179)

### WEEK 7 SESSION

- Final weigh in and measurements. Record on charts.
- Review Phase III (p. 181 – 183)
- Determine low weight and high weight
- Client must weigh every day
- When high weight is reached, they must go back on Phase I for 2 or 3 days
- Explain Maintenance Chart (p. 184)
- Explain how to determine when it's time to start losing again

As Seen In The

# Merchandiser

Newspapers

at Foxchase  
**Curves**  
www.curvesinternational.com

**GRAND OPENING APRIL 21**  
**Alexandria**  
Discover the power to amaze yourself!

Curves is coming to The Shops of Foxchase Center in Alexandria in April 2004! The largest fitness franchise in the world, with 3,000 locations in North America and Europe, Curves is the first fitness and weight-loss facility dedicated to providing affordable one-stop exercise and nutritional guidance specifically designed to meet the average woman's needs. Curves is currently helping over 1.5 million women achieve their fitness goals with a 30-minute supervised workout in a supportive, encouraging, and female-friendly environment.

## The Curves Concept

Curves is a unique concept in the exercise industry. It combines a highly effective, supervised exercise program with weight-loss guidance in a comfortable and fun setting. The Curves program is built around a proven 30-minute strength and aerobic workout that includes a warm-up, three sets of strength-training exercises for all the major

muscle groups, a cool-down period,

and stretching. As members move around the circuit, guided by their instructors and

motivated by upbeat background music, they perform both cardiovascular and strength-training exercises at the same time.

Jim Gasson, the owner of the Alexandria facility, has been involved in the health and fitness industry for over 20 years. Jim notes that many women prefer the comfort and safety of a women-only environment for their workouts. "Curves provides that comfort level," Jim says, "plus we make the workout simple, effective, and fun."

Women are guided and coached through their workout. We measure and monitor their successes each month, and we offer ongoing follow-up support.

## Why has Curves been so successful?

More than 1.5 million rely on Curves to meet their health and fitness goals, and Curves' success rate proves that these goals are achievable goals. The Curves fitness program addresses three main areas: exercise, diet, and lifestyle. After discussing and analyzing the member's diet, health status, weight, and physical measurements, the Curves fitness team custom-designs an easy-to-follow program based on each woman's goals.

The program is designed for women to lose body fat and stop perpetual dieting.

In this way, the Curves system can help women avoid the frustrating syndrome of regaining the weight they lost after completing other weight-loss programs. In addition, the exercise program builds muscle and stimulates the body to produce and increase bone density, thus helping combat the effects of osteoporosis.

Because the amount of muscle in the body is directly correlated with the rate at which the body burns calories, a higher metabolism burns more calories. A pound of muscle burns up to 30 calories per day at rest. With dieting or aerobic exercise

like walking or swimming, as much as 40 percent of the

weight lost may be lost muscle, not fat. According to

the "With traditional exercise programs, if you

lose 10 pounds, 8 of those pounds could be lost

muscle, not fat. This is a problem because muscle is the

most metabolically active tissue in the body. It contributes to slowing down

your metabolic rate. You therefore have

allowed your metabolism to drop by 400 calories

per day. Is it any wonder that you gained

your weight back and then some? But the 20

pounds a woman loses at Curves is predominantly

body fat, and the increased metabolic rate that comes

from strength training can offer permanent results without

the need for perpetual dieting or the size of regaining the

weight you worked so hard to lose."

## The Curves Difference

Aside from providing an effective, supportive and fun workout, Curves offers a monthly membership for only \$39—a great value, to be sure. Jim has found that "many fitness clubs or gyms don't go beyond saying 'hi' and 'good-bye' when you come in to work out. If you want personal attention, you have to hire a personal trainer at a minimum of \$30 per hour. How do you know what the trainer is selling you will work for you over a long period of time? And how do you know you'll even like their routine?" Acknowledging that Curves may not be right for every woman, Jim believes that over 1.5 million women can't be wrong.

Jim and his well-trained staff are very interested in women's health and intend to provide outstanding service so that their Curves members experience the same results that so many women all over the world have achieved in an exciting and fun 30-minute routine. For more information contact the staff at 703-751-2500, or drop by the convenient location at The Shops of Foxchase, 4613-B Duke Street, Alexandria, VA 22304.

at Foxchase  
**Curves**  
**703-751-2500**  
Discover the power to amaze yourself.



(Located behind Foxchase Florist three doors up)

**THE SHOPS OF FOXCHASE**  
4613 • B DUKE STREET  
ALEXANDRIA, VA 22304  
703-751-2500

Be one of the first  
100 members and get  
**66% Off\***  
Service Fee

**Curves**  
The power to amaze yourself.

\*Offer valid on new members only. Excludes 10% service fee. Offer good through 4/30/04.



# 30 DAY CHALLENGE

*It's Simple!*

Sign-up. Weigh-in. Get Measured.  
Complete Three Curves Workouts Per Week



*Objective:*

Lose the most inches & weight combined  
Compete for 1st, 2nd & 3rd place!

*Bonus:*

Weekly drawings for Curves surprises.



**STARTS FEBRUARY 3RD!**

*Curves* 24



2 COL. x 5" NEWSPAPER  
BEFORE AND AFTER AD

*In 30 minutes,*  
**Tenaya found hope.**



After having 3 children and being diagnosed with hypothyroidism, Tenaya Desaulnier thought she'd "never be healthy again." Today she's an optimist who tells her supportive friends at Curves "keep the motivation going and you can succeed, too."

**Curves**

The power to  
amaze yourself.™

000-000-0000  
Local Address

[www.curvesforwomen.com](http://www.curvesforwomen.com)

Over 4,000 locations to serve you.

Join Now  
**60% Off\***  
Service Fee

\*Offer based on first visit enrollment, minimum \$2 mo. c. d. program. Results will vary.

25

SUP 00030054

2 COL. x 5" NEWSPAPER  
BEFORE AND AFTER ADS

*In 30 minutes,*  
Peggy made her husband look twice.



After going from a "lay down and zip my pants" size 16 to a comfortable size 4, Peggy Payne says one of her favorite things is the extra attention she gets from her husband. The key to her success has been the support she gets at Curves.

**Curves**

The power to  
amaze yourself."

000-000-0000  
Local Address

[www.curvesforwomen.com](http://www.curvesforwomen.com)

Over 4,000 locations to serve you.

Join Now  
**60% Off\***  
Service Fee

©2003 Curves International

\*Offer based on first visit enrollment, minimum 12 mo. c. d. program. Results will vary.

*In 30 minutes,*  
Jodi became herself. Again.



Jodi Diller was the heaviest she had ever been when she started Curves. But after losing 9 inches in her first 6 weeks, a funny thing started to happen. "My self-esteem came creeping back with every pound I lost." Jodi is still losing weight and gaining respect for herself.

**Curves**

The power to  
amaze yourself."

000-000-0000  
Local Address

[www.curvesforwomen.com](http://www.curvesforwomen.com)

Over 4,000 locations to serve you.

Join Now  
**60% Off\***  
Service Fee

©2003 Curves International

\*Offer based on first visit enrollment, minimum 12 mo. c. d. program. Results will vary.

# 5 T H A N N U A L F O O D D R I V E



CURVES INTERNATIONAL INC. IS PLEASED TO ANNOUNCE THAT THIS FACILITY  
WILL PARTICIPATE IN THE CURVES ANNUAL FOOD DRIVE.

MARCH 3-31, 2003

ALL NON-PERISHABLE FOOD ITEMS WILL BE DONATED TO YOUR LOCAL FOOD BANK.  
JOIN US TO HELP FEED A FRIEND AND EARN A FREE T-SHIRT.\*

*Curves*  
27

\*Bring in one sack of groceries, complete 3 workouts per week throughout the entire month, and lose 5 pounds or 5 inches to earn a T-shirt.



SUP 2003-0054

## Locations in Virginia

### 1. Alexandria, VA

7590 Telegraph Rd.  
Alexandria, VA 22315  
Phone (703) 971-9011

Attention: Mr. George McAndrews

**City Attorney:**

Alexandria, Virginia

### 2. Arlington, VA - North

2105 N. Pollard St.  
Arlington, VA 22207  
Phone (703) 243-4339

George, this number is expected to double within one year. There are a number of territories sold, but not yet open which are not reflected in this list

### 3. Arlington, VA - Central

2529 Wilson Blvd.  
Arlington, VA 22201  
Phone (703) 387-2474

**The Curves location at Foxchase is not included in this list.**

### 4. Ashburn, VA

20604 Gordon Park Square, Ste. 150  
Ashburn, VA 20147  
Phone (571) 223-0123

**Locations highlighted in gold denote facilities in Northern Virginia**

### 5. Hanover County, VA

9539 Kings Charter Dr.  
Ashland, VA 23005  
Phone (804) 550-5760

### 6. Bedford, VA

514-F Blue Ridge Ave  
Bedford, VA 24523  
Phone (540) 587-7540

### 7. Blacksburg, VA

2007 S. Main St.  
Blacksburg, VA 24060  
Phone (540) 951-1918

### 8. Chantilly, VA

14511-J Lee Jackson Mem. Hwy.  
Chantilly, VA 20151  
Phone (703) 817-1500

### 9. Chesapeake, VA - South

237 South Battlefield Blvd., Unit 9  
Chesapeake, VA 23322  
Phone (757) 482-4844

### 10. Chesapeake, VA - North

4300 Portsmouth Blvd., Unit 262  
Chesapeake, VA 23321  
Phone (757) 405-0070

28



## **Locations in Virginia**

**Attention:** Mr. George McAndrews

**City Attorney:**

Alexandria, Virginia

**Locations highlighted in gold  
denote facilities in  
Northern Virginia**

**11. Chesapeake, VA - Greenbriar**

801 Volvo Pkwy.

Chesapeake, VA 23320

Phone(757) 549-5100

**12. Chester, VA**

7000 Commons Plaza

Chester, VA 23832

Phone(804) 717-9331

**13. Christiansburg, VA**

1568 N. Franklin St.

Christiansburg, VA 24073

Phone(540) 381-3355

**14. Colonial Heights, VA**

22 Dunlop Village Circle

Colonial Heights, VA 23834

Phone(804) 526-6144

**15. Covington, VA**

310 W. Main Street

Covington, VA 24426

Phone(540) 962-0954

**16. Culpeper, VA**

500 Meadowbrook Cntr, Unit 110

Culpeper, VA 22701

Phone(540) 825-3799

**17. Botetourt County, VA**

1436 Roanoke Road

Daleville, VA 24083

Phone(540) 966-3122

**18. Dumfries, VA**

4390 Kevin Walker Dr.

Dumfries, VA 22026

Phone(703) 878-3400

**Elkton, VA**

308 W. Spotswood Ave., Ste. A

Elkton, VA 22827

Phone(540) 298-2600

**20. Fairfax, VA - Northeast**

8622 Lee Hwy., Ste. C

Fairfax, VA 22031

Phone(703) 228-7400



## **Locations in Virginia**

**Attention:** Mr. George McAndrews

**City Attorney:**

Alexandria, Virginia

**Locations highlighted in gold  
denote facilities in  
Northern Virginia**

**21. Fairfax, VA - West**

11037 Lee Hwy.

Fairfax, VA 22030

Phone (703) 691-0996

**22. Franklin, VA**

1374 Armory Dr., Unit H

Franklin, VA 23851

Phone (757) 516-8444

**23. Fredericksburg, VA**

968 Bragg Road

Fredericksburg, VA 22407

Phone (540) 548-2277

**24. Massaponax, VA**

5000 Southpoint Pkwy.

Fredericksburg, VA 22407

Phone (540) 898-3961

**25. Hartwood, VA**

736 Warrenton Rd., Ste. 108

Fredericksburg, VA 22406

Phone (540) 373-9224

**26. Falmouth, VA**

10 Leeland Rd., Ste. 103

Fredericksburg, VA 22405

Phone (540) 373-8081

**27. Front Royal, VA**

231-A South Street

Front Royal, VA 22630

Phone (540) 622-5052

**28. Galax, VA**

1002 East Stuart Drive Ste.A

Galax, VA 24333

Phone (276) 236-5056

**29. Gloucester County, VA**

1807-C Geo Washington Mem Hwy

Gloucester Point, VA 23062

Phone (804) 684-0877

**30. Hampton, VA - Fox Hill**

227 Fox Hill Rd.

Hampton, VA 23669

Phone (757) 654-5000



## **Locations in Virginia**

**Attention:** Mr. George McAndrews  
**City Attorney:**  
Alexandria, Virginia

**Locations highlighted in gold  
denote facilities in  
Northern Virginia**

**31. Hampton, VA-North**  
1814 Todds Lane, Unit J  
Hampton, VA 23666  
Phone (757) 265-9200

**32. Harrisonburg, VA**  
182-W6 Neff Avenue  
Harrisonburg, VA 22801  
Phone (540) 438-9950

**33. Hollins, VA**  
7216 Williamson Road  
Hollins, VA 24019  
Phone (540) 563-5318

**34. Leesburg, VA**  
305-L East Market St  
Leesburg, VA 20176  
Phone (703) 669-0300

**35. Rockbridge County, VA**  
780 N Lee Hwy  
Lexington, VA 24450  
Phone (540) 464-5546

**36. Luray, VA**  
2 East Luray Shopping Center  
Luray, VA 22835  
Phone (540) 843-2500

**37. Forest, VA**  
2840 Linkhorne Dr  
Lynchburg, VA 24502  
Phone (434) 384-7755

**38. Lynchburg, VA**  
20722 Timberlake Road  
Lynchburg, VA 24503  
Phone (434) 237-7907

**39. Madison Heights, VA**  
4543 S Amherst Hwy  
Madison Heights, VA 24572  
Phone (434) 845-7105

**40. Martinsville, VA**  
730 East Church St., Ste 14  
Martinsville, VA 24112  
Phone (276) 688-8888



## Locations in Virginia

**Attention:** Mr. George McAndrews  
**City Attorney:**  
Alexandria, Virginia

**Locations highlighted in gold  
denote facilities in  
Northern Virginia**

**41. Middleburg, VA**  
11 W. Federal Street  
Middleburg, VA 20117  
Phone (540) 687-3100

**42. Midlothian, VA - South**  
13547 Midlothian Turnpike  
Midlothian, VA 23113  
Phone (804) 594-2590

**43. Brandermill, VA**  
6729 Lake Harbor Dr.  
Midlothian, VA 23112  
Phone (804) 639-1533

**44. Mount Jackson, VA**  
5334 Shopping Centre  
Mount Jackson, VA 22842  
Phone (540) 477-2575

**45. Newport News, VA - South**  
10860 Warwick Blvd.  
Newport News, VA 23601  
Phone (757) 596-2121

**46. Newport News, VA - North**  
328 Oyster Point Rd.  
Newport News, VA 23602  
Phone (757) 249-9300

**47. Norfolk, VA-Ghent**  
738-10 West 22nd Street  
Norfolk, VA 23517  
Phone (757) 200-5555

**48. Norfolk, VA-North**  
171 West Ocean View Avenue  
Norfolk, VA 23503  
Phone (757) 200-5507

**49. Oak Hall, VA**  
9298 Lankford Hwy.  
Oak Hall, VA 23416  
Phone (757) 854-3939

**50. Powhatan, VA**  
1545-B Standing Ridge Drive  
Powhatan, VA 23139  
Phone (804) 907-4077





## **Locations in Virginia**

**Attention:** Mr. George McAndrews

**City Attorney:**

Alexandria, Virginia

**Locations highlighted in gold  
denote facilities in  
Northern Virginia**

**51. Pulaski, VA**

1030 E Main St

Pulaski, VA 24301

Phone(540) 980-0094

**52. Purcellville, VA**

743 East Main St

Purcellville, VA 20132

Phone(540) 338-0008

**53. Richlands, VA**

1326 Second St.

Richlands, VA 24641

Phone(540) 963-9700

**54. Richmond, VA -**

Bon Air, VA

8017 Buford Road

Richmond, VA 23235

Phone(804) 327-5030

**55. Short Pump**

3405 Cox Rd.

Richmond, VA 23233

Phone(804) 217-7011

**56. Roanoke, VA - South**

3505B Franklin Rd., SW

Roanoke, VA 24014

Phone(540) 344-1040

**57. Salem, VA**

1457 W Main St, Ste M

Salem, VA 24153

Phone(540) 444-0367

**58. Springfield, VA**

8091-C Alban Rd.

Springfield, VA 22150

Phone(703) 440-8989

**59. Stafford, VA**

395 Garrisonville Rd., Ste. 106

Stafford, VA 22554

Phone(540) 658-9288



## Locations in Virginia

**Attention:** Mr. George McAndrews  
**City Attorney:**  
Alexandria, Virginia

**Locations highlighted in gold  
denote facilities in  
Northern Virginia**

**60. Stephens City, VA**

835 Green St.  
Stephens City, VA 22655  
Phone(540) 868-9407

**61. Sterling, VA**

21475 Ridgetop Circle, Ste. 110  
Sterling, VA 20166  
Phone(571) 434-2999

**62. Stuarts Draft, VA**

2627 Stuarts Draft Hwy., Ste. 113-A  
Stuarts Draft, VA 24477  
Phone(540) 324-1190

**63. Suffolk, VA**

900 N. Main St.  
Suffolk, VA 23434  
Phone(757) 925-2878

**64. Timberville, VA**

14074 Timberway  
Timberville, VA 22853  
Phone(540) 896-2000

**65. Staunton, VA**

11 Green Hills Dr, Ste 4  
Verona, VA 24482  
Phone(540) 248-9950

**66. Vinton, VA**

1316 Washington Ave  
Vinton, VA 24179  
Phone(540) 345-3776

**67. Virginia Beach, VA - Pembroke**

1115 Independence Blvd., #201  
Virginia Beach, VA 23455  
Phone(757) 222-4595

**68. Virginia Beach, VA Great Neck**

2310 Virginia Beach Blvd., Ste. 102  
Virginia Beach, VA 23454  
Phone(757) 631-2888

**69. Virginia Beach, VA - Kempsville**

5220 Fairfield Shopping Center  
Virginia Beach, VA 23464  
Phone(757) 474-0000



## **Locations in Virginia**

**Attention:** Mr. George McAndrews

**City Attorney:**

Alexandria, Virginia

**Locations highlighted in gold  
denote facilities in  
Northern Virginia**

**70. Virginia Beach, VA-Lynnhaven**

4328 Holland Road

Virginia Beach, VA 23452

Phone (757) 486-8989

**71. Virginia Beach, VA - General B**

1630 General Booth Blvd., #109

Virginia Beach, VA 23454

Phone (757) 426-2100

**72. Waynsboro**

2556 Jefferson Hwy, Ste 104

Waynesboro, VA 22980

Phone (540) 942-7800

**73. James City County, VA**

4511-B John Tyler Hwy.

Williamsburg, VA 23185

Phone (757) 221-0330

**74. Williamsburg, VA-East Kings Mill**

1915 Pocahontas Trail, Unit F-5

Williamsburg, VA 23185

Phone (757) 220-5506

**75. Winchester, VA**

2214 Wilson Blvd

Winchester, VA 22601

Phone (540) 678-5500

**76. Lake Ridge, VA**

2221 Old Bridge Rd.

Woodbridge, VA 22192

Phone (703) 497-4244

**77. Woodstock, VA**

655 North Main

Woodstock, VA 22664

Phone (540) 459-7220

**78. Wytheville, VA**

155 W. Main Street

Wytheville, VA 24382

Phone (276) 223-1104

**79. Grafton, VA**

5336 George Washington Mem Hwy H-1

Yorktown, VA 23692

Phone (757) 888-8888

APPLICATION for SPECIAL USE PERMIT # 2003-0054

9

[must use black ink or type]

PROPERTY LOCATION: THE SHOPS OF FOXCHASE - 4613 DUKE ST. ALEX 22

TAX MAP REFERENCE: 49.00-06-04 ZONE: CG

APPLICANT Name: CURVES FOR WOMEN

Address: 4613A/B DUKE STREET, ALEXANDRIA, VA 22304

PROPERTY OWNER Name: WASHINGTON REAL ESTATE INVESTMENT TRUST

Address: 6110 EXECUTIVE BLVD., STE 800, ROCKVILLE, MD 2085

PROPOSED USE: WOMEN'S FITNESS & WEIGHT LOSS

**THE UNDERSIGNED** hereby applies for a Special Use Permit in accordance with the provisions of Article XI, Section 11-500 of the 1992 Zoning Ordinance of the City of Alexandria, Virginia.

**THE UNDERSIGNED**, having obtained permission from the property owner, hereby grants permission to the City of Alexandria to post placard notice on the property for which this application is requested, pursuant to Article XI, Section 11-301(B) of the 1992 Zoning Ordinance of the City of Alexandria, Virginia.

**THE UNDERSIGNED** hereby attests that all of the information herein provided and specifically including all surveys, drawings, etc., required to be furnished by the applicant are true, correct and accurate to the best of their knowledge and belief. The applicant is hereby notified that any written materials, drawings or illustrations submitted in support of this application and any specific oral representations made to the Planning Commission or City Council in the course of public hearings on this application will be binding on the applicant unless those materials or representations are clearly stated to be non-binding or illustrative of general plans and intentions, subject to substantial revision, pursuant to Article XI, Section 11-207(A)(10), of the 1992 Zoning Ordinance of the City of Alexandria, Virginia.

Jim Gasson

Print Name of Applicant or Agent

7635 HOLMES RUN DRIVE

Mailing/Street Address

FALLS CHURCH, VA 22042

City and State

Zip Code

[Signature]

Signature

703-560-8728

Telephone #

703-560-8827

Fax #

4-30-03

Date

**DO NOT WRITE BELOW THIS LINE - OFFICE USE ONLY**

Application Received: \_\_\_\_\_ Date & Fee Paid: \_\_\_\_\_ \$ \_\_\_\_\_

ACTION - PLANNING COMMISSION: RECOMMEND APPROVAL, UC

ACTION - CITY COUNCIL: 6/14/03PH--CC approved the Planning Commission recommendation.

8